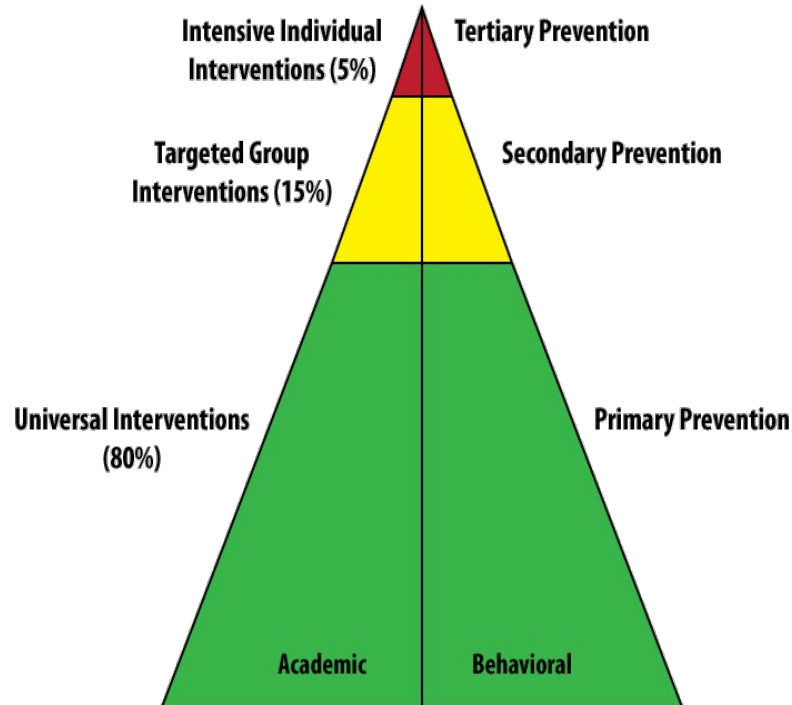


ST. LOUIS COUNTY, DULUTH PUBLIC SCHOOLS & TXT4LIFE PARTNERSHIP

Education Committee Meeting 10/10/17

Positive School Climates & Multi Tiered Systems of Support



Where This Started



Txt4Life established in 2012

Student Leaders at East (Exec and Boundless) identified the need and advocated for more information and services in the fall of 2015

Worked with Josh Gorham from Public Health as part of our Wellness Policy

Josh connected us to Amy Westbrook; Public Health Division Director

Amy allocated resources including Ashley Anderson; Public Health Nurse, to develop tier 1 and 2 supports

2016-17 School Year

Students participating in Txt4Life identified staff they would go to if they had a need to talk to someone (Denfeld, East, Lincoln, and Ordean)

Created a database and provided information and resources to these staff, surveyed staff asking what they needed

Partnered with Duluth East Exec, Counselors, and Health Classes to update Mental Health Resource Poster, Mental Health Flowchart, trained East Staff on Mental Health (aligned to relicensure), worked with Health Teachers at all 4 schools

Mental Health Matters. So Do You.

There's always help if you need it. We're here to help you find it.

Hotline Numbers
Available 24 hours, 7 days a week
Call if it feels like there is nowhere to turn. They are free and confidential. These services can help with relationship problems, general mental health, and suicide prevention.

National Mental Health Association Helpline:
800-273-TALK (8255)
Crisis Call Center:
800-273-8255 or Text ANSWER to 839863
National Suicide Helpline:
800-SUICIDE (784-2410) or 800-442-HOPE
Twelve: Text LIFE to 62322

Meet the counselor team:
Office hours: 8:00-3:30 daily.
Stop by and make an appointment

Positive Coping Skills

Divisions:

1. Write, draw, paint, take photos
2. Play an instrument, sing, dance, act
3. Take a shower or bath
4. Garden
5. Take a walk, go for a drive
6. Watch television or a movie
7. Watch some online YouTube videos
8. Play a game, go shopping
9. Clean or organize
10. Read, take a break

Social/Interpersonal:

1. Talk to someone you trust
2. Set boundaries and say "no"
3. Write a note to someone you care about
4. Be assertive
5. Use humor
6. Spend time with friends and/or family
7. Serve someone in need
8. Care for or play with a pet
9. Make silly challenging situations with others
10. Encourage others

Benefits overview: Thursday at 8:00 and every other day at 10:00 (free, confidential). Provides support, resources, and acceptance.

Staff:

- Denise Miller, LSW, LICSW
- Michelle Anderson, RN, BSN, PHN
- Heidi Loberg-Koeffel, RN, BSN, PHN
- Janet Miller, LSW, LICSW
- Michelle Anderson, RN, BSN, PHN
- Heidi Loberg-Koeffel, RN, BSN, PHN
- Janet Miller, LSW, LICSW
- Michelle Anderson, RN, BSN, PHN
- Heidi Loberg-Koeffel, RN, BSN, PHN
- Janet Miller, LSW, LICSW

CHILDREN'S MENTAL HEALTH OVERVIEW

Ron Lober, LICSW
Ashley Anderson RN, BSN, PHN
Heidi Loberg-Koeffel RN, BSN, PHN

Click



Expanding; 2017-18 School Year

Offering 4 Tier 1 Interventions to ALC, Denfeld, East, Lincoln and Ordean

Mental Health Poster specific to school resources with student coping skills

Signs and Symptoms of Child/Adolescent Mental Illness Training

Suicide Prevention Training (Question, Persuade, Refer; QPR)

Mental Health Flowchart specific to each school

Exploring and experimenting with screening tools for tier 2 intervention and how we might be notified of a student being involved in a potentially traumatic event outside of school hours

Recognize

Some Student Leaders;

Angela Park, Cabrilla Francis, Chloe Cederstrom,
Clara Nordheim, and Matt Campbell, WIN Groups, Boundless,
Ordean and East Health Classes

Public Health Partners;

Ashley Anderson; St. Louis County Public Health
Meghann Levitt; Carlton County Public Health

Champions at Schools:

Paula Williams; ALC Counselor
Diana Wokson; Denfeld PBIS Coach
Jessica Forsman; East Counselor
Tory Rock; Lincoln Counselor
Sarah Seglem; Ordean Counselor
John Hirman, Kim Flaa, Tom Tusken, Jennifer Wellnitz; PBIS Team